

IN THE CLAIMS:

Claims 1-21 (Cancelled).

22. (Presently amended) An exercise apparatus which comprises (i) a resistance means able to provide resistance to a movement by a user and (ii) a vibration means able to impart a vibration to the user, which vibration means acts on a muscle or muscle group being exercised and in which the energy for the vibration means is provided by a movement or movements of the user, wherein the vibration means comprises a cable or belt and two rollers that are rotated by movement of the cable or belt as it passes therebetween, the cable or belt being connected to the resistance means; and wherein one of the rollers has areas of raised rubber equally spaced around its circumference so that these areas exert a greater resistance to the cable or belt as this roller rotates and comes into contact with the other roller; and wherein there is a handle or grip attached to the cable or belt.

23. (Previously presented) An exercise apparatus according to claim 22 in which the resistance means is selected from free weights, a weight machine, a spring resistance and a hydraulic resistance.

24-30. (Cancelled).

31. (Presently amended) An exercise apparatus according to claim 22, in which, in use, the frequencies of vibration are from 5 to 100 Hz.

32. (Previously presented) An exercise apparatus according to claim ~~25~~ 22 in which the frequencies of vibration are from 5 to 100 Hz.

Claims 33-38 (Cancelled).